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Larry I wonder if we could start. If you could, tell me a little bit about your life prior to meeting John?

HG Okay. I'm a native Arizonan. I have been 'sensitive' since I was a baby, so my perception has a wider range than most people. I think most people have that, but they don't develop it. It gets squashed early in life. My family luckily was positive, and so as a little kid I learned how to talk, and I talked about things I saw or perceived or heard that they didn't. They would just kind of nicely change the subject and move on, so I learned by the time I was four or five that other people weren't perceiving what I was perceiving. I could perceive what they perceived, but I perceived a little broader range than they did.

Larry Was this visually?

HG Visually, auditorily, feeling, knowing, all of those. I had wondered, gee I'm different. When I was in grade school, I read everything on psychology they had in our school library, and nothing talked about what I was experiencing. Science fiction came up and science fiction talked about telepathy, psychokinesis and—

Larry Extra sensory perception.

HG ESP stuff. I thought, other people know about this, but all this is fiction. It wasn't until I was 16 and I came across a book about Edgar Cayce that I began to realize okay, there are other folks that have this range. I had a pretty good sense I wasn't nuts, because I could deal with things in life; it was refreshing to begin going through the Cayce material, then to find other material; that went on.

When I was ready to go to college, in Los Angeles, Occidental College, I had a group of mimeographed papers from the ARE, which is the Association for Research Enlightenment, the organization based on Cayce's starting point. I was wondering if this was going to fit in the suitcase or not; at that moment I had a little experience, call it a vision-ette, where I shifted into kind of a golden space and saw that someday I'd be working with Cayce people. I thought, well okay.

Larry This was a premonition-like?

HG Yes, it was getting a sense of knowing. I then packed it up. It turned out to be quite valuable, because college was geared toward questioning everything, and I was fortunate in my junior year. They started a college honors program that I was in that was called the Anatomy of Knowing. How does the physicist know? How does the engineer know? How does the warrior know? How does the minister know? How does the poet know, etc. that gave me a broad perspective to work from? When I got out of college, I worked with the State Highway Department, learned how to count and do math and write, so I did several studies with the accidents on the highway system, the state and the federal system.

Larry What did you get your degree in?

HG I ended up as a degree in English. so that, of course—

Larry That's why you went for the highway department.

HG —for almost nothing.

Larry Exactly. It's like history.

HG I realized that I needed to work with people. I was accepted as a probation officer over in Los Angeles. I worked in the South Central and Watts areas and was there in the middle of the Watts riot of 1965, and that taught me a lot about how fragile our society is, how it can break down quite easily. I developed a priority to work for prevention instead of correction. Prevention made a lot more sense, because I was working with juvenile offenders and adult offenders in that whole setup.

My mother had a stroke in '66 and I moved my little family. I was married and had one kid and one in the oven by the time we moved back to Phoenix; then I became a probation officer, juvenile probation officer for Maricopa County down in Phoenix. I began to kind of move up the ladder in the field of corrections and became a criminal justice planner, dealing with corrections and juvenile delinquency prevention, and got a very good background in all of that.

I was asked by the Department of Corrections, by the director whom I worked with, if I would join that department because it was new in 1968. I said I'll join the department and write you a lot of federal grants because you needed a lot of federal money for programs.

Larry That's where the English came in handy.

HG At that time I said, *If* you let me prevent delinquency. So he did. And I started bringing in a lot of federal grants and helped establish all kinds of programs in the

adult prison system, and created new juvenile facilities, halfway houses, a whole bunch of stuff. Millions of dollars there involved, and I learned how to prevent juvenile delinquency in the process. While I was doing this, we had child number three and were living in Phoenix; we got involved in an ARE study group, what they call the Search for God study group. We were members of the group with two medical doctors, Bill and Gladys McGarey.

I learned about how they were practicing medicine. In discussions, I began to realize that they were hampered by being a regular medical practice, and they didn't have the kind of organization that would handle the research and education aspect of what they were doing; and that was strongly needed. We created a nonprofit, and they were able to switch their medical practice gradually into the nonprofit, which became the ARE Medical Clinic nonprofit.

Larry This is about what, 1969, '70?

HG Yes, right on. Then I was on the board, and chairman of the board for a while, while I was doing delinquency prevention and writing grant applications for the State Department of Corrections. The clinic advanced, developed, under the nonprofit status, and Bill and Gladys asked me if I would come and be the administrator, and I said only for two years. This is not what I want to do, but I'll do it because I have administrative experience with juvenile court and then with the Department of Corrections. I said, Yes I would, and that happened in 1978.

I did due diligence as administrator and had a lot of developments for the clinic. During those years, the clinic put on an annual medical symposium, held in Phoenix during January or February, when the weather is cold and snowing in many places. We had a rich gathering of experts each year, medical doctors, physicists, biologists, healers; it was encompassing, and at that time began to be known as holistic medicine.

Larry So these weren't ordinary practitioners then. These were some that believed in holistic medicine?

HG Yes, and from all around the world. This was one of the early gathering places for people like that to establish holistic medicine; today sometimes people prefer the term integrated medicine. The model from the very beginning that the McGarey's pursued was one of the standard medical practice.

Both McGarey's were general practitioners, but then having access to the Cayce information meant that somebody would come in with, let's say, a condition called scleroderma. Typically, a person with scleroderma, once they're diagnosed with it, their doctor tells them, I'm sorry, there's nothing we can do. We can help you control the pain until you die.

We had people come in with different kinds of conditions, which was a continuation of what Cayce offered. He had a hospital in Virginia Beach, Virginia, for two or three years right at the time of the Great Depression, and it folded because of that. We had a tradition from Cayce in which he would give detailed readings about the health conditions of a person he'd never met. He would be in Virginia Beach, and they could be anywhere in the world, and he had the capacity to tune into that person and tell in great detail what was going on. The ARE valiantly strove to get follow-up reports on people that had readings from Cayce, so that there would be what's called anecdotal research.

Larry I mean, he had died in '45 right?

HG Yes.

Larry And the ARE was doing this in the 70's? Just to some of the patients that were still alive, I take it.

HG Yes, yes. There was a body of research material, anecdotal. But what happened for the doctors was, they would see what Cayce said about, let's say, scleroderma. Cayce would say, it's an eliminating problem, that the eliminations of the body are deficient, that the body continues to accumulate waste products; some of those waste products are transferred to the skin and, over time, they make the skin hard. Eventually it leads to death, because a person strangles; their whole esophagus and breathing mechanism just turns hard and they die.

Larry That's a terrible disease.

HG Cayce said it's an elimination problem, here's how you can treat it, and he gave a series of treatments. The doctors at the clinic said, "Well, let's give it a try. Let's see if this works." However many years, 30, 40 years after Cayce died, they found that the treatments worked. They also found additional insights, and they learned that acupuncture could help, whereas Cayce really never dealt with acupuncture; or they would learn about homeopathy or some other healing tradition around the planet. They were able to pull together what worked.

But their whole view of illness was that illness is a fundamental disharmony, and there's something happening within the person more than just the physical level. Cayce had given the statement, way back when that now is often quoted without knowing it comes from Cayce: "Spirit is the life. Mind is the builder. The physical is the result." Things were happening within people's minds and their emotions and their belief systems; so you could take a condition like scleroderma and you'd say, "Oh, my God, the body is becoming like stone." The skin is hardening, and it reflects rigidity. That goes back often to rigidity in their belief system which might vary from one person to another with scleroderma. They could be rigid about something here or rigid about something there.

Larry Would that be like a psychosomatic condition?

HG Yes, it would, except medical science would not call scleroderma psychosomatic. They see it as strictly a physical problem. We had the benefit in those years of getting a body, mind, spirit perspective about everybody, everything.

Larry Which is holistic.

HG It was just a wonderful way to work with it, because one thing that people don't understand is that the conventional medical model in the United States is a military model. When Napoleon came to power in France and he was fighting all these wars, the physicians at that time were homeopaths. Homeopathic medicine couldn't do much for battlefield wounds, but the people who could help were the barbers. They had the sharp instruments and they had some skills. So the barbers evolved rapidly during the Napoleonic reign, and they became the physicians. He elevated them to the role of physician, and the homeopaths were pushed aside.

In that system, it was a military model of medicine, where the doctor is the authority. The doctor gives you orders. You're a patient and you have to follow your orders. Doctor knows best. When America was evolving, and Benjamin Franklin and Thomas Jefferson went to France, to Paris, they saw advances in medicine that they had not seen before, not even in England. They brought that medical model of military organization back to the United States, and that became the medical model in the United States.

The medical model has something to recommend it, in terms of handling battlefield wounds, broken arms, things like that; but it disempowers the patient. The patient is put into a framework that says, Here, I've got something wrong. You fix me, doctor. Well, that doesn't work in many cases, in fact, in most cases of medical intervention. The situation at the clinic was what I would consider an advanced perspective. We were in touch with researchers and leading physicians around the world, and so we had a very rich environment.

Larry Did you know Dr. Williams from Kalamazoo, Dick Williams?

HG No.

Larry He pioneered holistic medicine in that area.

HG Oh, really?

Larry Yes.

HG Okay, no, I didn't know him.

Larry And he knew John Fetzer.

HG He may have come to the symposium, but we would have five or 600 people there from around the world. I might have met him. So that gives you maybe a little framework. The ARE Medical Clinic was one of the leading models of holistic medicine at that time. We played a role also in organizing the American Holistic Medical Association for MDs.

I did my two years of administration, and then I stepped into the role of being in charge of education and research, which is where I wanted to be. One day in my office a guy named Chuck Spence came, and the secretary asked me if I would talk to him and give him a tour of the clinic. I did, and he seemed to have a positive impression, and I thought that was the last I'd see of him. The following week he gave me a call and said, "The boss would like to come down and talk to you and see the plant."

Larry Do you know what year this was?

HG It was '84.

Larry '84, okay.

HG That's how I met John Fetzer.

Larry Yes, he was kind of a bird dog for John on things like this.

HG John walked into the room with Chuck, and we sat down and talked. One of the very first statements I made in talking with him was saying, Yes, we're really in an exciting time of developments; the people who lived in Atlantis were coming back, reincarnating, and we're taking care of unfinished business.

Larry You told John that?

HG Yes. It just rolled out and so—

Larry Had you felt that before?

HG Well, I had, yes.

Larry Okay.

HG In general that's part of what Cayce was talking about. But it just came right out to John, and that hit him in the heart, because that's what Jim had been telling him.

Larry Jim Gordon.

HG Jim Gordon. Jim had been saying, Hey John, you better create a foundation, this is a way to atone or make up for what's happened. That's basically what John told me. Before he left the room, I asked him, Can I share some ideas for research with you? He said, Sure. I said would you accept a proposal? Okay. They left, went back to Tucson. I developed a proposal then for the Fetzer Energy Medicine Research Institute.

Larry Under ARE?

HG Under the ARE Clinic. That was granted. We had to go through a process, of course, of evaluation, but we formed a nice relationship with John, Chuck, Bruce, and God, what's his name? He was the first administrator.

Larry Oh, Lloyd?

HG Lloyd [Swierenga], yes. We formed a nice relationship. That was the time I made my first visit back there, and the building wasn't completed. It was kind of getting started. The first visit, we visited John's house.

Larry The one in Kalamazoo?

HG In Kalamazoo, and I saw that automatic chair that would carry his wife up and down the stairs.

Larry Rhea, yes.

HG Never did meet her.

Larry Well, she was in pretty bad shape by then.

HG She was by that time. That weighed heavily on John's heart. He was really concerned about that, but he was excited about getting the new foundation started - it was then the Fetzer Foundation - and getting things rolling in that whole direction.

Larry Do you remember how much he gave you for that first grant?

HG The grant was \$1.5 million spread over five years. So it was \$250,000 per year.

Larry Then they must have given you more over time?

HG No, that was it.

Larry Gladys told me it was \$5 million, but maybe she was just—

HG No, she's never been good about numbers.

Larry Okay, so \$1.5; still that's a substantial grant back then, wasn't it?

HG It was back then. Then Lloyd brought the whole staff out for the next medical symposium because we were talking, probably, sometime in September or October of '84, because I think we got everything approved by then.

Larry Yes, that's what I understood.

HG It was probably the medical symposium of '85. They brought the whole staff out, and I did some training with them. It was kind of like sharing our perspective with them. A lot of them had not been exposed to think beyond just regular medical system. I remember we were in a room at the hotel where we held the conference, the Scottsdale Safari Resort; we all got together in a big circle and just held hands. This is one of the techniques for teaching people how to feel energy. I basically said, Okay, you can have your eyes open or closed, but just notice what you feel. In doing this, the energy started revving up, and it's a natural process; people started feeling all kinds of stuff going on. It was just a demonstration of, Yes, there's something here that we don't understand.

Larry Was John sitting in that group?

HG No, he wasn't. But Lloyd and Bruce and Chuck were there, and almost the whole staff, if not everybody. Then we were talking in terms of our current scientific understanding in 1985, it was a matter of, we know energies. We have physics which can categorize energies, and so can chemistry. We have known energies that can be measured, but then we have these energies that we don't have instruments to measure.

Larry Like an aura?

HG Yes, dealing with auras. It seemed to me everything is alive. Even plastic is alive, it emanates a life field. Everything has movement and color and rhythm, and all that is going on all of the time. I've never seen anything that wasn't alive. It's a different perspective other than the more limited perspective.

Larry Do you know Edgar Mitchell?

HG I've met him once at the IONs.

Larry On the way back from the moon, he got that kind of concept going, that we're all stardust. Everything is stardust.

HG Yes. Then at the symposium we had a physicist, William Tiller of Stanford University, presenting on Kirlian photography. That was one of the promising methods to begin to measure these subtle energies. When we started out the

Institute, I asked for a technical advisory board and there were five. We had Norm Shealy, who was one of the leading physicians involved with research. We had Bill Tiller, a physicist who was deeply involved in research. We had Stanley Krippner, who was one of the leading psychologists and parapsychologists. We had Bob Nunley, a guy who had been sensitive to energies, and a professor of geography at the University of Kansas. We had one other person. I'm trying to think who that was.

Larry It'll come.

HG Yes. We had this group. At the starting of the Energy Medicine Research Institute, I would lead them in a planning process. Part of my skills are organizational development. We basically said, Okay, what are our means of diagnosis? What are our means of treatment? We just made lists, long lists, and then we began to distinguish between known energies and subtle energies. That was the term, subtle energy. The concept of energy medicine was defined at that time. We were taking a look at all of this.

Then we're saying, where are the best places to start researching? We got to brainstorm a list of ideas. And we said, Okay, now we have these. Where do we need to start among those? We began to define areas of research. That required using grant funds to bring in some experts, and narrow the focus of a research project. That's how we proceeded through the five years. We did probably 14 or 15 different projects.

Larry Can you remember what some of them were?

HG Yes.

Larry Were any of them devices?

HG Yes, one of the most promising devices was the Motoyama's AMI machine, which measured the end points of acupuncture meridians on the fingers and toes. The idea was that if you can do electrical measurements of current amperage on those positions all simultaneously, you get a picture of the whole body's electrical system.

Larry Which neurologists use, don't they? Something like that.

HG Well, they're beginning to. How many years later.

Larry Is it just beginning? I mean I've had neurological tests like that where they're looking at a graph and they've got things on your fingers.

HG Essentially, I think we were 30 or 40 years in advance of where research was.

Larry Some of these things have been incorporated in the mainstream by now.

HG The idea was that if Motoyama had designed a machine that could accurately begin to diagnose physical problems or illnesses by taking these electronic measurements, that would be a powerful tool that could spread around the world. Motoyama had started in Japan, and was spreading his machines around the world. We had to literally buy one of his machines, take it apart to make sure it was constructed properly; and it wasn't, so we had to design one properly and bring it up to speed with current technology. We developed all this, and it took years to accomplish that. Then that was taken into the Fetzer Institute, as it became.

Larry There was a guy from India, was he a—

HG Srinivasan?

Larry Was he working on that machine?

HG Yes. It took a year to get him to the U.S., to get his green card. I had to work through our Arizona senators to get him into the U.S. He came and brought his family, his two sons.

Larry He's returned to India, I understand.

HG Yes, right on. We had three research directors during that time. It was valuable work, because it was saying what research is needed in this field. We had the advantage with the funding to be able to explore up to certain limits. Because we started looking at one particular project, which was to explore the concept of prominent French scientist Louis Kervran, who guided the development of atomic energy in France.

But Kervran had studied things on a very practical level. For example, he said, where do cows get all the calcium that comes into their milk? Where does that calcium come from? If you measure what the cow eats, there's not enough calcium to produce that milk. He did studies with chickens, in which he would feed them like flakes of mica, which is silicone, and the chickens would not have calcium in their diet, but the silicone would help them produce eggs with the shells, calcium shells. He identified what would be called low energy, atomic transmutation, changing one atomic element into another within cows and chickens. He went beyond that, of course. Taking off of from one of Kervran's experiments, our Dr. Ed Maxey designed this program, in which we would create an incubator that would be sealed from the outside world. We would plant oat seedlings, and then the oat seedlings would grow. So we would know exactly what the oat seedlings had in terms of atomic elements, what was in the material they would grow in, what was in the air and what was in the water. Under very controlled conditions as the oat seedlings grew, we could at some point harvest

them and conduct an atomic spectrometer reading to determine how many elements they had in them.

Larry That they had created.

HG Yes.

Larry Is this kind of like photosynthesis?

HG Yes, photosynthesis works, and the plants grow. But what Kervran found was that they again, would perform this low energy transmutation of elements, even in oat seedlings. So here was the man who guided France's atomic energy program with all the reactors and stuff. He was a heavyweight. Yet he was observant like a good scientist and would say, Okay, there's something here. As far as we knew no one else was—

Larry Doing that. That was what the original chemists were trying to do, weren't they?

HG Yes

Larry I mean, turn lead to gold.

HG Right. There were different studies. We did one study in particular that was geared towards the Cayce material. The Cayce material recommended many times the use of the castor oil pack, good old castor oil. The pack was recommended most of the time to go on the abdomen, and particularly over the liver. It was used as a technique for accomplishing several things: One, to help the liver work better and cleansing the bloodstream; and two, also boosting the immune system.

We did a controlled double-blind study of the castor oil pack. We would have patient volunteers come in and they would receive a pack. They wouldn't know, and the person putting the pack on would not know, whether the pack was castor oil or paraffin oil. They smelled the same. They looked the same. They felt the same. Over a 24-hour period, with blood draws every few hours, then we looked at what happened to the immune system. We saw definite results. That definitely boosted the immune system in specific ways.

Larry Now would this be encapsulated within something?

HG No, it'd be placed right on the skin.

Larry The castor oil?

HG They'd have the pack, and they'd have a piece of plastic over it.

Larry I see.

HG Because the castor oil gets on everything.

Larry Right, okay. I know that John Fetzer applied that to himself.

HG He learned to do that. I'm just trying to give you some ideas about some of the research. What happened was, John started having symptoms, so he came to the clinic and became a patient.

Larry Angina, wasn't it?

HG Yes, angina was the main one. The doctors asked me to work with him because of my sensitivity, and this gets very personal. You'll have to use your discretion about this. He would develop what I would call a fear cord—these are part of things that I see, and the fear cord would go right into his heart. It was often generated by his wife who was back in Kalamazoo in a vegetative state.

Larry Alzheimer's.

HG John was out here in Phoenix, and this cord would bang, come in on an energetic, subtle energy level, and his angina would start. I watched this happen two or three times and realized what was going on.

Larry Well, it's stress related?

HG I think it was specifically that kind of stress. If he was under stress about other things, that would make him more vulnerable.

Larry Right. Periodically, when he would get rid of something like the Detroit Tigers or some of his stations, it was very hard on him.

HG It was, yes.

Larry He tended to have medical problems after that.

HG Yes. Because he was, I think, a nourishing kind of person in many respects; when he created a system, he gave himself to that. I mean, he would actually give energy to that. But the situation with his wife was just down in his heart, literally. What I'm describing is, not many people will be able to describe this sort of phenomenon; but when I did, I realized, that the first two times this happened I did a little procedure and simply cut the cord. It's something I had an experience with earlier, and then provided a healing, nourishment. When a cord like that exists, and these are common phenomena that happen among people, it happens on the level of what I call the astral body, which is our feelings. It's like your astral body extends out about two feet around you and it's like an oval shape, even if you're sitting. The cord would actually attach out here, but it would create

like a little vortex that would tunnel into the physical body. The astral body is inside and outside the physical body, so it exists inside as well, but it would connect to the skin. It would be like putting a tube into a balloon and bang, here it comes. When that happens, if you have like two balloons connected by a tube, there's going to be a shift in air pressure. The higher pressure will shift to the lower. That's what was happening. That's a way of describing it. His energy level was much higher than that of his wife in that state, so he would start to drain. Well, if you have a cord and it stays attached, particularly to the heart, then you're going to get a physical reaction, and it's going to happen quickly. The length of the angina would depend upon how long that cord was allowed to stay there. I started teaching him how he could clear it himself.

Larry Could it eventually have killed him?

HG Yes. I have had other cases where one person actually did die. They had a very possessive mother who knew some voodoo. The mother had died. She had wanted her son with her; this was a man from another country, and he almost died. But I'd learned over the years that there are things you can teach people to do. It has evolved into a simple protocol that basically is asking God to sever the cord, and to redirect the life energies within both persons to the highest level where relationships are fulfilled, and understanding and love and harmony. It's just a reestablishment. To me it's kind of a technology of subtle energy.

Larry So could hate and revenge bring this about, too?

HG Sure, yes. They're very common. When I walk into a place, in a group of people, I can see all this stuff if I want to. Most of the time I don't want to see it.

Larry Yes, it's probably enervating, isn't it?

HG Yes, I don't want to get involved. But what I will do is, I'll ask for a cleansing. It's like psychic hygiene. "Let's cleanse." If you're ever in a hospital, it's loaded with stuff, energies that are not healthy; it helps everybody if you just simply ask. To me every person has a higher self. Yours is right over the top of your head. It's like a white star probably about an inch and a half above your hair line. Our high self is like a guardian angel. It has enormous power, but we need to ask for help.

When we really get in a jam, we're in deep trouble, it's often in those cases that we ask for help; we may ask God or ask Jesus or whomever for help. In my experience, we get it. We don't always recognize it, but we get it. The protocol for cutting fear cords is, to me, like a scientific subtle energy surgical procedure. So I taught John how to use his high self, that power to heal himself. It took repetition. Several times I would come in and observe, and I would tell him what I saw. I would ask him to do the procedure for himself.

Larry Because a person has to do it on their own?

HG Yes, that's the best way.

Larry I see.

HG Because in a situation like that, with his wife, she would just reach out in a subconscious state probably, just wanting him. So she would want him in that—

Larry And he could feel that.

HG That energy would come right through. So he learned how to do it. I think over time that eroded, because he'd go back to his old environment and his old way of thinking. But I know he learned it. At least he could do it himself while he was out in Phoenix. I think he called me maybe once or twice when he was in Tucson, when he had something and he just wanted me to check, to observe, because I can observe long distance like that. He was able to get a handle on that. When his wife passed on, that eased that problem. I think at that point, his heart had developed a response of the angina, and I think that that continued with normal stresses. That's all I can say about it because I wasn't that involved.

Larry They use the term esoteric concerning paranormal type beliefs, and so far I haven't found anything that John was not at least interested in examining. Did he ever discuss any of these things like reincarnation?

HG Yes. You see all those busts of people?

Larry Well, not anymore.

HG Those were reincarnations that Jim told him about. Saint John of the Cross, etc. I don't know that I agree, but that's what Jim told him, and that's what he believed.

Larry Did he discuss that with you?

HG Yes, because we'd talk, particularly when he was concerned about his health. It's like - the term karma, that's often misunderstood. We use the term out of the tradition from India, and people sometimes think of karma as a 'cosmic credit card': We did something harmful to somebody in a past life and we need to repay that debt. I don't see it that way at all. I see it simply as, we're developing, we're developing in our divinity and we're becoming more and more. I think through 16 or 1700 physical lifetimes, and so we need to learn. We need to learn concepts and skills, and the skills are an important part of it. If we harm somebody in one lifetime because we're insensitive, we really aren't aware that we're hurting them; we may not even care, and that indicates a need within us. So, at a later point our higher self will guide us into a situation where we learn to be sensitive to others, to recognize their needs.

Larry In a succeeding life.

HG Yes. I think, ultimately, we come to a point where we realize that everything is one, one life in many forms; when we hurt someone else, we're hurting ourselves.

Larry John came to believe that this was his last chance to get it right. Did he ever talk to you about that, that there was no more coming back, that he was going to go to a higher plane?

HG Yes. I challenged him, I suggested to John, be more open to that if you can; realize that this is an area that we don't know all about. Just be open. Why does it have to be one last chance? It doesn't necessarily have to be that. I would work with him along those lines, because my own sense was that it was not his last lifetime. That's sometimes something that psychics will advise people about. Let me put it this way: I've never met anybody who this was their last lifetime.

Larry Oh, really? You know there are people at the Institute who have seen John after he died.

HG Sure, I've seen him, too.

Larry Have you really?

HG Yes.

Larry Could you tell me about that?

HG I have to gather some memories. It was, I think, at the clinic, in the research institute area that we had. There was one time I went back (Ed Note: to the Fetzer Institute) with Srinivasan for one of the conferences. This was when Glenn Olds was the administrator. And I saw John next to the stage. Olds was up talking, and John was down below and just to the right, and he was kind of walking around and at that time, fully aware that most people wouldn't see him; but it was sort of like he was there to lend his support. That was the sense I had.

(Ed. Note: John was, in fact, still alive when Olds was fired at the Institute.) I didn't communicate with him at that time because he had his mind focused; seeing him around that building I think would be quite normal. He had the ability to see long range, and take a series of concrete steps to achieve that long-range goal. That was one of his really keen abilities.

Larry Definitely, and in different endeavors.

HG Yes, and I was so tickled when the Tigers won. I own a couple of decks of cards that he gave me of the Tigers winning their pennant.

Larry In the mid 70's he tried to get the Tigers to do Transcendental Meditation. And some of them did.

HG There was a growing field in the field of sports that was talking about mental preparation, using the power of visualization.

Larry Do you remember Mark the Bird, Fidrych? He was a pitcher for the Tigers. And he talked to the ball?

HG Yes.

Larry John liked that.

HG He (John) realized he wasn't clairvoyant or clairaudient. He didn't have that sensitivity, but he had that feeling I think in his heart, and he had a will that would push.

Larry He could do some things. Did he ever have that pendulum? He was good with that.

HG Yes, I helped teach him about that.

Larry Did you really? Oh, no kidding.

HG Jim, I think, had started him on it (Ed. Note: John was showing the pendulum with Mark Fidrych circa 1975-76, around 5 years before John met Jim), and he was not sure. One of my specific points of advice was, ask your high self to answer the question. Don't just ask the question generally. Ask your higher self and then you get better answers.

Larry Yes, he was able; and dowsing, I think. Did he ever talk to you about UFOs?

HG Yes. To me they're real.

Larry He really wanted to be taken up, but it never happened.

HG I know. That's I think the easy way out. When I was about 15, I was living in Phoenix and I was so frustrated with all the teenage stuff, that I went outside in the yard one evening. I said, come on, take me, take me, and my high self-told me at that time, it said, stop that. That's not your path.

Larry Yes, you don't want that to happen.

HG I've had a couple sightings. But I've that's not my—

Larry This area is supposed to be a rich place for that, isn't it?

HG Yes, yes.

Larry I was thinking that maybe the canyons and those rocks look like another planet.

HG In a way they do, don't they?

Larry Yes, in the way we think of another planet. Maybe that would lure them in. How about pyramids?

HG Yes, he was interested in the pyramids. I cautioned him about sitting under a pyramid, particularly with the angina tendency.

Larry He did. Some people in Allegan County built a pyramid and he went out (Ed Note: This was in the 70's, before he met Grady). Did he tell you he would go out there and meditate sometimes, a few times?

HG Yes, I think so.

Larry Hardy is their name is.

HG When he was out for the medical symposium, some of the people were doing research on pyramid power, as they called it; they published books about it. He would experiment there. One of the important things I told him about dealing with angina was also breathing, because when we can control our breathing, if we deepen it and make it rounded and rhythmic, that helps the heart get back on its normal firing sequence. That was one of the skills he had.

Larry You know there's a theory that the wisdom of Atlantis went to Egypt, some of it anyway, and he felt that he had been in Atlantis.

HG Oh yes. One of his lifetimes was in Atlantis, because I think he had more than one; that's when he got in trouble.

Larry With the misuse of power.

HG Misuse of power, and harmed quite a number of people. That's what I think Jim was tuning into and advising him about.

Larry I see.

HG The Cayce material says that when Atlantis went down for the final time, a number of the people, the people in authority, went to Egypt; they created a hidden chamber in front of The Sphinx, underground, that contained records from

that time. And when the time was right, those records would be found and that would give evidence of Atlantis.

Larry Did he believe he was one of the council of 12?

HG Yes.

Larry Do you think you were at Atlantis?

HG Yes, I know I was. I made mistakes, too.

Larry Did you? Do you know the sculptor who did the hologram there at the Institute, Vincent Mariani?

HG No, I don't.

Larry He lives in Austin. That was an entrée with John and him. He mentioned—

HG I remember hearing about him, but I never did meet him.

Larry Oh yes, he's an interesting person. Let's see, crystal power?

HG Yes, the crystal power: That, to me, is real. I have protocols for dealing with it. To me, each crystal is a being. It's alive. We connect, mental body to mental body, and then establish a rapport and a trust; and in doing that, things open up.

Larry Oh, I see. Then you taught that to John or discussed it?

HG No, I don't think I had a chance.

Larry Okay. He must have got it from somebody else then, because he liked to have the great big crystals.

HG I remember when Lloyd brought that big Selenite crystal.

Larry Oh yes, yes. One of them fell or blew up or something.

HG Really?

Larry Yes, they came in one morning and it was in pieces. I suppose it's possible for it to get a wavelength or something.

HG I'd like to take a break.

Larry Sure, sure.

(Break in file)

Larry Did John ever talk to you about using a Ouija board?

HG Yes, and I said not a good idea.

Larry Really, now why is that?

HG It tends to attract lower entities.

Larry Evil?

HG Well, it can be, sure. Part of the picture of expanded awareness is to see the good guys and the bad guys. There are folks, just like in the physical, that are selfish and they intend to harm others. They may even enjoy it.

Larry This would be a trait that they took when they were living?

HG What we take when we leave the physical body is what we've been. We create energies and those are part of our higher bodies; so that's exactly what we take. We don't go through a miraculous transformation when we die. This is something I've researched quite well.

Larry What happens when someone's brain deteriorates in their life, like somebody with Alzheimer's. Does their spirit have that, too?

HG No, no, that's a physical condition. Oh, the fifth person of the advisory committee is Elmer Green.

Larry Oh, okay.

HG Elmer wrote a whole book about that, because his wife, Elise, developed Alzheimer's. From a medical point of view that was it, but she would come back periodically, and they would talk about what she was doing on the other side, was the phrase. And she was busy learning lessons and doing tasks while her body was in this vegetative state. They compared notes, and Elmer wrote a book in three parts about that whole experience, the Ozawkie Book of the Dead. In fact, there's a flyer about it on the table.

Larry Have you ever heard of Stewart Edward White?

HG Yes, I read those books.

Larry The Betty books?

HG Yes, I found the Betty books when I was in probably in my junior, senior year in high school.

Larry Oh, okay. He's a Michigander, did you know?

HG Oh, really?

Larry Yes, he grew up in Grand Rapids. It was toward the end of his career when he wrote those, but he wrote the Red Blood novels about lumbering out West before that.

HG Oh, really? But those Betty books were exquisite, I remember portions of those.

Larry Yes, but that's what reminded me of it.

HG Yes, I think John read somewhat but I don't think he was spending a lot of time reading.

Larry Yes, he was.

HG Was he?

Larry They have a lot of the books that he annotated. He read widely on the subject. Maybe not so much when you got to know him, but he had prepared himself. Then, of course, A Course in Miracles, he really got into that with Judy Skutch, and you know all about that, I'm sure. Did he ever talk to you about A Course in Miracles?

HG No, I think I was involved a little bit before that. (Ed. Note: Grady is incorrect on this, so evidently John did not broach The Course with Grady.) Then she started getting involved, was on the board.

Larry Right. He had a group that he called the Monday Night Group of people that would get together and discuss that.

HG Good. Yes, I think these concepts to me may be fascinating. But what's practical, what makes a difference in our lives, that to me is the important part. Some people go far out. They develop beliefs that are not easily supported by evidence and they live in dream worlds.

Larry They can go way far out, like the Hale-Bopp group.

HG Yes, in Sedona, my wife Julie and I have a phrase: We sometimes call them the Sedona Twinkies. A Twinkie looks like you're going to bite something but there's nothing there.

Larry Okay, yes.

HG That's one of the cautions about exploring, and that's why I emphasize the need for personal research. We need to be able to deal with reality and not a bunch of fantasies. That's my bias.

Larry How about astral projection?

HG It happens. I call it mental projection, because it isn't really astral. It's the mental body.

Larry Oh, okay.

HG The mental body is very flexible, but the astral body is not anywhere near as flexible. That's from my own personal observation.

Larry Yes, I've not found any evidence that John tried that. He may have. I don't know.

HG We may have discussed it at some point. I was kind of a sounding board during that period of his life, or one of them. Jim, I think, was his main reference and I was kind of the adjunct to that.

Larry Did that continue until his death?

HG No, no. I'm confused about the time sequence. We had that grant from '84 through '89 or maybe '85 through '89, and after '89, we kind of lost contact so I'm not that well informed.

Larry He kind of lost contact with IONs, too.

HG Yes, he was very frustrated with them.

Larry Yes, what Edgar Mitchell told me was that he wanted all the energies devoted toward the question of whether consciousness survives death. Edgar Mitchell told him, "John, I don't even know what consciousness is at this point. I can't do that," and so that was more or less the end. He (John) got off the board.

HG Yes, Elmer Green knows a fair amount about that.

Larry Oh, does he?

HG Elmer was on the board and became—

Larry Now he did the copper wall experiment.

HG Did the copper wall experiments as well.

Larry Yes, I should probably try and talk to him.

HG Yes, he's about 94.

Larry Is he?

HG I talked to him about a week ago.

Larry Oh, really? Where does he live?

HG He lives in Ozawkie, Kansas. It's a little to the west of Topeka. But he doesn't do email, so you have to connect with him by phone. If you want to, I can give you his phone number.

Larry I would appreciate that. Yes, thank you.

HG He knows some aspects of that, because I think the Fetzer Institute funded some of the copper wall experiment.

Larry Yes, I believe so.

HG It was some of it.

Larry I think that was one of the first projects.

HG Yes, that's a ground-breaking project.

Larry Oh, really.

HG But the term, defining consciousness, is a bugbear. It's very hard to do.

Larry I can't quite get my mind around what exactly it is. I know the normal use of the word consciousness, but I think that it means personality, more or less.

HG Well no. Most of what I've seen is not limited to personality, because it's looking at consciousness of animals.

Larry Well, maybe I'm not using personality right. I mean to go into another spirit world and to be yourself. Is that what it is? Because we grow into a person through our life and to be that same person?

HG I would say that's one definition, among several. But the scientists have a rough time because they try to pin it down precisely, and it's very hard to pin down.

Larry Right. You know his mother was Methodist, and then he became a Seventh Day Adventist. You knew about that.

HG Yes.

Larry Then some time he lost that faith, in the early 30's, when he left Andrew's University; then he started in the early 30's going down to the spiritualists' camp in Indiana, called Camp Chesterfield. Did he ever discuss that with you?

HG Yes, that goes back a ways.

Larry Yes, it's a very interesting; it's still there.

HG Yes.

Larry I went down there and it's very—

HG He was exposed then to spiritualism.

Larry To spiritualism, and then astrology as well. In 1938, he was in Washington working on this 590 case which - if he was going to be successful with that, it would be his career move - and he consulted an astrologer. At that point he wasn't sure if he was going to be successful or not. She told him it's going to work out. So did he tell you about that?

HG I remember vividly one discussion we had when he had started broadcasting, and he was invited down to Washington in one of the departments. They were trying to figure out how to categorize the radio stations. He said they had a strong clothesline across this office, from one wall to the other, and they had - not safety pins - clothespins, and they were trying to identify these different stations. They would clip a piece of paper to a clothespin, and place them on these lines to try to make sense. Ultimately it made sense. Oh, it's by frequency. Frequency is how we need to organize—

Larry This is the FCC probably doing that?

HG It was whatever it was back then. It may not have even been the FCC. It may have been before that, creating the FCC, but I thought that was just an interesting picture.

Larry Yes, that is. This apparatus that he developed allowed stations to be on the same frequency, to direct their frequency in a particular direction.

HG In those days they had wobbly frequencies, and it was difficult. I remember he was talking about Thomas Edison's attempt to develop a radio that would tune into the spirit world.

Larry Yes, that was one of his last projects, yes.

HG That was one of his goals. He thought his background in radio would help him do it.

Larry Oh, really? He was experimenting himself?

HG Yes.

Larry John was? What period was this, do you know?

HG I just remember him talking about it, on more than one occasion. In those days, '84 through '89, he was talking about it; it was something he wanted to do, but I don't think he was doing it.

Larry He had some of his workmen put together a Tesla coil type of instrument.

HG Now the Tesla coil was important.

Larry Yes, he looked up to Tesla, very much so.

HG Yes, well Tesla's technology was so far in advance.

Larry The world wasn't ready for it, was it?

HG When Tesla died, the government, and particularly Carnegie, just basically tried to stomp him out. When he died, the government came in and took his papers and equipment and that's all been secret.

Larry Still? it's still under wraps?

HG Still under wraps.

Larry I think you used the term inner voice. John firmly believed in listening to that; would you equate that almost with instinct?

HG No.

Larry No?

HG It's a different quality. The trick is, if we can learn, we hear inner voices. We don't like to admit it, because of psychology and psychiatry right now, but we all do. We'll hear them in dreams, we'll hear them when we're awake. To me, it's part of the technology of getting valid guidance, and that's something John and I talked about particularly, like with the pendulum. If we tune in, and we recognize

the voice or the sense of knowing that comes from our high self, that's where we get our valid guidance. Usually it's in a split second.

It's like we have a knowing, or there's something that kind of jars us, wakes us up, so we don't have an accident or whatever. That was the topic John and I discussed. Because we have other voices we can tune into. I think as children we learn how to shut out most of those voices, because it's pure distraction. You would know, if you've ever worked in an office building where you have a lot of desks, you'd hear this babble going on all around the room. It's like that, and it's not physical. It's on what I would call a mental level.

Larry Animals do some things instinctively, and I have a feeling that we have some of those instinctual abilities that we disregard.

HG Yes, we do.

Larry You mentioned the sensitivity that you have, that other people have it and they don't learn how to use it.

HG Some people really get wounded by it. I have a client coming up next week; a psychiatrist in New York City referred her to me, because she's been very sensitive, but she doesn't know how to handle it. I'll coach her, help her, to look, to see if she's willing to learn how to manage her sensitivity. I agree. We do have the instinct like animals; that's what I would call the lower octave, but then we have higher octave. You can tie it into the chakra system. All that lower, that instinct stuff, tends to come through the solar plexus in my view.

Larry A number of people who have psychic experiences, it happened after an accident; there seems to be, in some cases at least, a physical cause.

HG Yes, I think what it does is jar their brain to some extent. Of the theories about the brain and the personalities, the materialistic view is that all of this stuff occurs as vapors of our brain. Our brain is just physical, and while it's alive it, does these things; and when we die, it's gone. I've never bought that, because it's never been my perception. To me, the brain is like a relay, like a radio that brings in information from other levels of reality.

Larry John would have liked that.

HG He did. He thought of those terms.

Larry Yes, it seems very natural that he would have gotten into this, because he spent his life with dealing with invisible waves.

HG It made perfect sense to him. One of his concepts was the carrier wave, that if we can tune into the carrier wave, then the information that flows along the carrier

wave will be accessible to us. That was one of his concepts that came out of his work with radio.

Larry Oh, and he would have liked to invent a device that could intercept that carrier wave?

HG Yes. There are a few devices like that in the world. There's a whole field called ITC. It's called Instrumental Trans-Communication. There are researchers around the world that for probably 50 or 60 years have been getting messages from people on the other side. There are at least two or three books out about that, but I don't think John was aware of that. I wasn't aware of it at the time.

It's an ongoing field of research. It's amazing because they'll get photographs from the other side. They've had a couple of their researchers die, and then on the other side they continue the research from that angle. They'll send messages like email to this side. It'll show up on a person's computer. They send the photographs from the other side through a fax machine. There's a lot of evidence that's been building up about this. On one hand, it may be comforting, but on the other hand, it becomes disturbing to people because we have kind of built a belief system and it challenges the belief system of most people.

Larry Yes, it would challenge organized religion, too.

HG Yes. They have handwriting samples. They have fingerprints from the other side. There's a lot of interesting stuff going on.

Larry Yes, there sure is. You don't hear that much about it.

HG Yes, but if you ever want to look, you could maybe Google ITC. I have to think of names, but that's the kind of stuff that John would have really loved.

Larry Sure. Did he ever talk to you about the Archangel Michael?

HG Yes, we had a connection there.

Larry Yes?

HG I started channeling when I was 36, in 1976. It was the Archangel Michael that came through, basically put me through boot camp as doing channeling work; that was the influence on me from '76 to '91. In '91 a different source came in, called Monitor, and Monitor has been the main information source since '91.

Larry Did you record any of this?

HG Yes, it's almost all recorded.

Larry Really?

HG Yes, that book on the top.

Larry This here?

HG Yes, it's just part of the material that came through the first year of '91, so that the information would simply be available. What I'm trying to do is to put that into a database, like they've done with the Cayce readings, and like they've done with the Alice Bailey books of the Tibetan, and put it into that kind of format so that anybody can go to it and look up a topic.

Larry It'd be indexed.

HG Indexed—and just pull the information together automatically.

Larry That's an interesting goal.

HG Right now I do a general channeling session each month. We call it “explorations,” where people ask questions and the Monitor source answers them through me. I don't remember what's said through the session. I get out of the way. What I've been doing yesterday was on the computer: the transcriber sends the session to me and then as I read it, I learn what was said.

Larry Really? Do you release your mind?

HG Yes. What I do is I extend my mental body out about half a mile or a mile. It's like a huge sphere. That just changes my focus; I'm more out of the way so that I color the information less.

Larry But while this is happening, you're not conscious of it?

HG I'm conscious, yes, but I've changed my focus. That's a technique I learned.

Larry I've heard of this, other people using something like that.

HG The old spiritualist model was dangerous.

Larry Yes, in what way?

HG Because the outer self would actually give up control, and then elements of their subconscious mind; their superconscious mind then would allow things to happen. There were very dramatic demonstrations, in the spiritualist model, but a lot of those people were hurt.

Larry Were they?

HG Yes,. So my approach has been never to really abandon. I just expand my mental body. I learned how to do that when I was ten years old. I was in a tree, and I was looking at the energies flowing around a branch; and then I was looking over at another branch. And then it just occurred to me: What about the whole tree? I just kind of felt my way along; and what I learned to do was expand my mental body around that tree. Then I learned that there was as much tree below the ground as there was above the ground.

Larry Yes, and there is.

HG I got fascinated just watching how the energy flowed. That was important because then I learned about the mental body.

Larry Do you think it would be possible for someone to let their mind go into an astral projection thing, and not be able to find its way back?

HG Yes, if it's under the control of what I would call the conscious mind or the outer self, yes—and that's happened.

Larry That's a danger. It's worried me.

HG Yes, and I don't recommend that. I recommend working on a superconscious level. It's like with Edgar Cayce's work. His early work was done on a subconscious level. They had to go through a series of growth experiences, and then he began to work on a superconscious level; to me that would be his high self. That would guide the action. But he was so abused. If you ever read about his life, it's interesting, because they had put him under a trance and then doctors would stick pins in him and do all kinds of stuff to see what was going on, and really hurt him - pry up his fingernail.

Larry Oh, wow.

HG Then he comes back and he's in pain.

Larry He feels it, yes.

HG His own father used to conduct readings for him, but his father would ask about the local horse races; Cayce started waking up with a headache and began realizing something wasn't right, and wasn't within his value system.

Larry I see, he was being used.

HG He was being used that way. So he had to watch it.

Larry I asked Jim Gordon if he could channel John. He didn't really say yes or no, but he said I wouldn't dare do it, because he's gone to such a plane that it might be damaging to him, and possibly me, too. What do you think of that?

HG I think that fits within Jim's framework. I don't think that's valid. I don't channel people. I don't do that.

Larry You channel this spirit.

HG Yes. To me, it's the superconscious level of us, that is what we're learning about, what we need to grow into.

Larry Monitor, in your case.

HG Monitor is just a big group. But they're more advanced.

Larry Oh, it's like a council?

HG Yes, it's a group. I see John in the fourth level of the astral plane. He's been there for some time, and I think that's what Jim refers to. If we think in terms of vibrations: We really can't describe what it is that vibrates, but there are low vibrations and higher vibrations. On the fourth level of the astral plane, it's a higher level; making that connection down to where we are, there could be a strain. I can understand why Jim says that. But my approach would be to say it doesn't make sense to ask John to come through. It's possible to have a conversation, but the conversation gets filtered through my conceptual pool, the things I know about. If he wants to communicate about things that aren't in my concept pool, they'll have trouble coming through. That's one of the technical problems.

Larry Okay, but apparently he can make himself come down to this level, John can.

HG Yes, I think he could if he wants to. The challenge is that your perspective changes. You become much more universally aware. My sense of John is that he's dealing with things that are really meaningful to him. My sense is that he's still really interested in communication, that that's still his driving force; he realizes that it's communication that connects people and connects people with the planet. That's an important thing to develop, and in my awareness we're moving toward some point, not soon. It's going to take a long time I think. But we'll raise our energy level to where we don't need the physical world. We'll move into what I call the etheric world. But that's going to take a while, not soon.

Larry Do you feel that he's with Rhea?

HG Pardon?

Larry That John is with Rhea, his wife? You know what I mean?

HG Yes. No. Not close. It's kind of like they see each other in passing. She's not on the fourth level. She's on the third level, is what I sense.

Larry Okay, Yes. She wanted to understand the things that he was studying. She tried to, but she didn't get it.

HG Just beyond her.

Larry She tried reading some of the things that he read.

HG I never met her per se, but that was the impression I had. John had to develop his own resources, his own world of interest.

Larry It's a fascinating relationship.

HG My sense is that they're not together, but they're not separated. There's no animosity. It's just like they function on different levels.

Larry I have to tell you that this has turned into a much better interview than I ever anticipated, it really is. I really wasn't prepared to know that you were a psychic and that you had that relationship with John.

HG Yes. I never advertise, so I get clients only by word of mouth; and Lord knows where they come from.

Larry Word of mouth is a good way. That's where I get my contacts, too.

HG My schedule is filled up for this year, 2012.

Larry Well, good.

HG And a lot of interesting people.

Larry Do they come here?

HG No, most of it is on the phone.

Larry Oh, I see.

HG I give readings to people I've never met.

Larry No kidding?

HG I've developed relationships with people that I've never physically seen, and it's interesting how that works.

Larry You'll need to write an autobiography as well.

HG Yes, that's tough. That's hard to do. I wrote kind of an autobiographical sketch—mainly of my childhood, because that's when I did a lot of the growing and understanding of things; and it doesn't go that far.

Larry You're a native Arizonan. Do you think the environment here is conducive?

HG Yes. One of the things that occurs in Arizona is that, on a diagonal across Arizona from the southeast up toward the northwest in this part of Arizona, what they call the mountain belt, there's a lot of copper ore. It has variations or derivatives, and one of them is a blue mineral called azurite.

Larry Oh boy, that's beautiful.

HG It's gorgeous?

Larry Yes.

HG The green is called malachite, but this has a particular vibratory quality. It's a stimulant for psychic ability.

Larry It almost looks like an egg, type of egg.

HG It does. If you saw it on this, you wouldn't know what it was.

Larry I wonder if Michigan's upper peninsula has one.

HG I have no idea. But it's associated with copper, and I've often wondered about that, because where I was born right in copper country.

Larry Oh, were you?

HG On the eastern part of Arizona, a little town called Morenci, and they have a huge open pit mine there, the largest in the world.

Larry Well, you know the old saying, there may be there's something in the water.

HG Yes, really.

Larry That's fascinating. I don't want to take up your whole day here.

HG That's okay, because I have time available. I considered it a real opportunity and a privilege to be associated with John during those years. He really contributed a lot, with the different research that the Foundation developed in its early years. I lost track of where it went after that, so I don't know much of what's happening there these days.

Larry That period in time was a very stimulating period, with the New Age things coming in. I think ARE was part of that, wasn't it?

HG It was very much a part of it. Then he started shifting in the other direction. He got tied in with Bob Jahn at Princeton and the Para-lab. As a Foundation, they realized that they needed to look scientifically credible. So they went through that phase, and left the clinic and that focus behind. There it's gone since then, I have no idea. I haven't looked.

Larry Their current push is to celebrate love and forgiveness, and to encourage it. How could you say anything against that?

HG Yes, I think that's right on, yes.

Larry That's what they're into now. They're going to have a big conference in Assisi, Italy, and bring scholars from around the world to address those issues. I guess John would approve of that.

HG John would approve. That brings one memory to mind. I don't know if it has value, but Black Friday occurred in 1985, I think or '87 (Ed. Note: Oct. 19, '87). That's where the stock market just dropped. John was so upset with his advisors. He said they should have been able to tell me that this was coming. That was a big blow that he felt at that time.

Larry That must be probably the time then that Lou Leeburg came into the picture.

HG Could be.

Larry Who is the current financial advisor? He's really good.

HG Yes, but it was devastating to him because he lost—

Larry Did he lose—

HG —millions of dollars.

Larry Oh, did he? Wow.

HG At that time he was thinking in terms of his philanthropy, probably more than his business, the broadcasting networks and all.

Larry Oh, in '87? I think he probably had divested himself of them by then.

HG I think he had been moving away from it. I didn't think he was totally free.

Larry Yes, I'm not sure.

HG But he was deeply concerned about the impact on the Foundation.

Larry Oh, yes, because they had the funds invested. That's interesting. Any other memories coming back? It's interesting, you talked about opening the file drawers because that, in a way, is what human memory is. The difference is that, if you put something in a file cabinet, subsequent events don't impact on it; but the human memory has a tendency to be somewhat adjusted by subsequent things.

HG Yes, it does. The only other thing I can think of immediately was that he believed in dowsing. For his home in Tucson he dowsed, that he said. I think he had another dowser come and double check, but he went out and dowsed it first, to get the water.

Larry They knew that it was going to be 200 feet deep (Ed. Note: It was more like 1000 feet), and the guy drilling the well went down 100 feet and said, Look, I'm wasting your money. I'm pulling my rig. John said, "Keep going." He did that several times, and I think within inches of 200 feet they struck this vein.

HG Yes, he was very proud of that.

Larry It was.

HG I think he used a willow branch, kind of the traditional dowsing approach. That was one of the things he really was—

Larry There's definitely something to dowsing, and certain people are better at it.

HG Yes, there are remarkable things that people do. To me, we're in a time of opening. The business that my wife and I have is called Center for Human Potential; and that's what we do in our work. We just help people wherever they are in their life and in their belief system. We help them learn how to realize more of their potential where they are. We don't impose any framework on them, but we help them discover and build their own inner capabilities. That's been a lot of fun. That's a very rewarding way to live and serve.

Larry And to contribute, yes.

HG Human potential is enormous. I see no contradiction with Christianity or the other religions. To me, we have religions form because they're kind of a way of growth;

it opens things up for people to help them move beyond selfishness and to tune into their higher and what I consider inner nature, to begin to realize who they are and what they can be. The image I have is, there are different pathways leading up the mountain and we all get up there.

Larry I don't know if you'll agree with this or not, but one of the biggest mistakes as far as Christianity is, people can go to the Bible, the Word, and justify anything, evil things.

HG Really evil stuff, really nasty.

Larry There's bad stuff in the Old Testament, like sacrifice and rape.

HG Yes, and people just don't connect. They'll say, "In the name of Jesus," and do something terrible.

Larry And in the Muslim world, same way.

HG Same way, exactly. The fundamentalists, I tend to think of them as second graders. Over time they'll grow up.

Larry They've stopped their searching. I don't think John ever stopped his search, but they have stopped; they've gotten a hold of something and they don't want to look anymore. That's a mistake.

HG There's a beautiful book, if you're interested. It's called The Different Drum by M. Scott Peck. He was a psychiatrist who opened up to spirituality. He realized psychiatry was too narrow to really help people. He wrote his most famous book, The Road Less Traveled; The Different Drum is about book four. What he does is describe, what does it take for people to relate at a much more deep, genuine, heartfelt level? What do we need to work through in order to achieve that, more of a communal relation? It's about that. He describes a four-level system of spirituality, which I found very helpful. I use that as one of the tools sometimes, to help people consider it.

Larry I'll try to get a hold of that.

HG It's well worth it. It's in paperback and it's a good read.

Larry I'm a book lover. I've got 40,000 books in my own library.

HG Well, all right. When you look around in here—

Larry Yes, I can see.

HG These are working books, all the white folders. In a rural area people don't collect data, so I'm very much involved with community, have been since we moved up here. I was when I lived down in Phoenix, but no one up here collects data. I've taken that on.

Larry Oh boy, you've done it, too.

HG My wife and I started a non-profit in the year 2000, called Cornucopia Community Advocates. It's basically doing whatever it takes to improve community. I'm involved with a number of different community initiatives, and that to me is important.

Larry Sure, giving back.

HG Hunger has been a big one.

Larry Really?

HG Across the United States right now, one out of four people are hungry. They don't know where their next meal is coming from. For children it's moving toward one out of three.

Larry We're losing the middle class. We really are. It's a bad thing that's happening, and money is being concentrated in fewer and fewer hands.

HG What I'm thankful for is that more people are realizing that.

Larry Yes, they're starting to realize that, aren't they? Of course, the Republicans think that's the way it should be.

HG Yes, that's kind of a Calvinist approach.

Larry Yes, they are the elect, aren't they?

HG A study by mayors across the country showed now that one out of two Americans is either in poverty already or within 185 percent of poverty.

Larry No kidding?

HG I mean, the middle class is sliding.

Larry They're living from paycheck to paycheck.

HG I feel like there's not a lot I can do on a national or an international level, but locally I can. Two years ago I organized what we call the Verde Food Council. We've taken the responsibility for the hunger problem. I built a group of people

who help the food banks. We about tripled the amount of emergency food that comes in through the food banks in this area. We're looking in the long term to improve agriculture, so that we can be food sustainable. The price of oil is going to keep going up. The price of gasoline is going to keep going up. The price of food that's transported thousands of miles... all of that is going to make it harder on people, so we need to have our local food here.

Larry I know there are some stores that will give things that are getting close to the use-by date, but it's a terrible shame the amount of food that restaurants throw out. They won't even let their employees take it home. This Drury Inn, where I'm staying, she fixes the breakfast and the dinner. I said, "What happens when....," and she said, "We're required to throw it out." Isn't that like sinful?

HG Yes, it is a health regulation.

Larry They could invite somebody in to eat it, or put it outside or something. You think it's the health regulations?

HG Yes, health regulations.

Larry Those need to be adjusted somehow.

HG They do. But it takes a group that'll work on that enough to make it happen.

Larry If there were some sort of a transportation system to get it to a place where people could come in and get a free meal.

HG I think what we're going to have to do is go back to local food, because of the oil factor.

Larry I'm going to turn this off because we're finished. Thank you so much.